

Better Brain – Better Performance

Are you able to **focus** and **concentrate** as well as you would like?

Is your **memory** as good as it used to be?

Does it take longer to **process** things than you'd like – is your **mind working quickly**?

How's your **balance** and **motor control**?

Do you become frustrated easily – want to have more **patience**?

“The results are amazing. I can concentrate better and have better recall. IM can help anyone do better at any number of things.” **Judith, 67 years**

“Connor has better organizational skills, is more focused in school and at home.”
Susan, mother of Littleton 7th grader

“My fine motor skills & speech have both improved with IM. I can engage longer in tasks.” **Barb, Littleton, TBI**

“I improved in many areas – most of all memory and my ability to focus on getting things done.” **Peggy, 74 years**

“Following IM I definitely notice better focus and increased accuracy on golf shots!” **Sid, 63 years**

“Danny made the Honor Roll for the first time! Homework is easier, reading has improved. The teacher can't tell when she forgets her meds.” **Barbara, mom of ADHD 6th grader**

“Hillcrest's expertise and energy inspires dedication among student-athletes!”
Doug Wherry, Jake's Academy, PGA Instructor

“My life is back in order and my emotions are back in check. I was afraid that all of the younger professionals were going to pass me by. Not any more – I'm back to feeling sharp and on my game thanks to Hillcrest and my IM brain training program.” **Pam, 53 years**

Adult and pediatric clients who have benefited from IM include those with the following conditions:

ADD/ADHD

Dyslexia & Speech Disorders

Multiple Sclerosis (MS)

Stroke/TBI/Parkinson's Disease

Sensory Integration Disorder

Hillcrest is dedicated to helping their clients improve cognitive performance – in all that they do. We work with a range of participants, including seniors, students, competitive athletes, those with deficits, and adults trying to stay sharp as they age.

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Good Nutrition

Bursting with Brain Power

1. **Avocado** – good fat for blood flow
2. **Beans** – particularly soybeans , protein, complex carbohydrates and fiber
3. **Berries** – notably blueberries, strawberries and raspberries, antioxidants
4. **Broccoli** – green leafy and cruciferous veggies, vitamins C, A, beta carotene & fiber
5. **Chocolate** – dark chocolate, 60% or more cacao
6. **Nuts** – especially walnuts and almonds, vitamin E
7. **Oats** – lowers cholesterol & blood pressure, good fiber
8. **Salmon** – preferably wild for Omega-3 fatty acids
9. **Spinach** – vitamins A, C & magnesium
10. **Turkey** – tryptophan for serotonin

Drink Water!

Water is essential for concentration and mental alertness. Your brain needs to be fully hydrated so that the circuitry works well and it functions at optimum levels.

Stimulate the Brain

1. **Play games** – Sudoku, crosswords , KenKen
2. **Exercise** – physical exercise pumps blood into your brain feeding it healthy oxygen
3. **Learn a new skill** – a language, garden, or knit working different parts of your brain
4. **Change your habits** – break out of your daily routine, walk at lunch, go see a play
5. **Change your routine** – drive a different route to the course, use your other hand
6. **Eat the right fat** – healthy Omega-3 fats like salmon, nuts, flax seed and olive oil
7. **Read** – not the same old stuff, something out of your regular area of interest
8. **Hang out** – be social, have lively discussions with friends; down time for just you, too
9. **Write** – write about anything (childhood, vacations) to activate other parts of the brain
10. **Drink to your health** – drinking in moderation (one drink per day) has healthful benefits like fighting heart disease, relieving stress and it may lower the risk of dementia